Mountain Weather Forecast

Southwest Highlands

Including Ben Nevis, Glen Coe and the rest of Lochaber, Argyll including the Isles, Loch Lomond, Trossachs and Arran

Forecast valid from 06:00 on Sunday 06 Aug 2023 until 23:59 on Monday 07 Aug 2023

Forecast Issued on Sunday 06 Aug 2023 at 02:04 by Met Office Aberdeen

Confidence: High for most aspects of the forecast. Main uncertainties around timing and amount of any light rain Wednesday and details for Thursday.

Headline for Sunday 06 Aug 2023: A mostly dry start, then scattered heavy showers with a risk of thunder.

Mountain weather hazards on Sunday 06 Aug 2023

Blizzards
No Likelihood

Heavy persistent snow
No Likelihood

Storm force winds
No Likelihood

Gales
No Likelihood

Severe chill effect
No Likelihood

Poor visibility
Low Likelihood

Thunderstorms
Medium Likelihood

Heavy persistent rain
No Likelihood

Strong sunlight
Medium Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
Sunny intervals	Sunny intervals	Light rain showers	Heavy rain showers	Heavy rain showers	Light rain showers
Precipitation probability					
10%	20%	40%	50%	50%	30%

Forecast for Sunday 06 Aug 2023

Weather: Bright start with a few showers from dawn. Scattered showers turn heavier and more frequent later this morning with sunny spells developing. Frequent heavy showers this afternoon with a risk of thunder. Showers will die out this evening. Dry with some clear spells from dusk.

Chance of cloud-free hill tops above 800m: 40% early morning, otherwise 60-70%

Low Cloud and visibility: Generally very good visibility, locally dropping to a few km in heavy showers. Some patchy early morning fog in the glens. This lifting to give some low cloud, before lifting to near the summits by late morning. Then occasional cloud above 1200m through the day, perhaps lowering to 900m in heavy showers.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Forecast for Sunday 06 Aug 2023

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1300	5/6 N	4/6 NW	8/12 W	9/14 NW	8/12 NW	7/9 W	10/13 SW
900	3/4 N	4/6 NW	5/9 W	7/11 NW	6/10 NW	6/9 W	8/11 SW
600	2/3 NW	3/5 NW	6/10 W	7/12 N	6/10 NW	7/9 SW	9/11 SW
300	2/2 E	2/3 NW	5/9 SW	6/10 NW	6/10 NW	3/5 W	4/7 SW
Glen	1/2 W	1/3 N	5/9 W	5/10 W	6/13 NW	5/10 W	2/7 W

Height (m)	Temperature / Feels Like (°C)						
1300	4/2	4/2	6/3	6/3	5/2	4/2	3/-0
900	6/6	8/7	9/8	10/8	9/7	7/6	6/4
600	8/8	9/8	11/10	12/10	11/10	9/8	8/6
300	10/10	11/11	14/13	14/13	14/13	12/11	10/10
Glen	11/11	14/14	16/15	15/15	16/15	13/12	12/12
Freezing Level*	1900m	1900m	1900m	2000m	1900m	1900m	1900m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Met Office Aberdeen Meteorologist's View
Main risk of thunder midday to mid-afternoon. Driest, sunniest weather to be found along the coast in the afternoon.

Forecast for Monday 07 Aug 2023
Weather: Some low cloud and patchy light rain across western coastal hills in the early hours, dry further east. A few light showers after dawn. Then bright or sunny spells with scattered showers more widely from mid-morning, but less frequent and less heavy than on Sunday. Turning dry in the evening, mostly cloudy, but a few clear spells in the east.

Maximum wind: West 10-15 mph gusting 20-25 mph.

Chance of cloud-free hill tops above 800m: 30% early morning, soon rising to 70%. Falling to 20% late evening in west.

Low Cloud and visibility: Generally very good visibility outside of low cloud, some slight reductions in passing showers. Cloud above 500m early morning, mainly across western hills, breaking up around mid-morning and lifting to give occasional patchy cloud above 1000m, lowering to 800m in showers.

Temperature: **Glens:** Plus 10 Celsius rising to 16 Celsius.
At 800m: Plus 7 Celsius rising to 9 Celsius.
Freezing level: Above the summits.

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